



WELLNESS WEEKLY

MARCH 31, 2014

MARCH IS...

- ◆ National Nutrition Month
- ◆ National Colorectal Awareness Month

APRIL IS...

- ◆ Stress Awareness Month
- ◆ World Health Day (April 7th)
- ◆ National Public Health Week (April 7-13th)
- ◆ National Testicular Cancer and Esophageal Awareness Month

THE STAGES OF STRESS

THE ALARM STAGE occurs when you are frightened or under threat. Your body goes on red alert, releasing stress hormones such as adrenaline and cortisol. These increase strength and concentration. Your heart speeds up, sending more blood and oxygen to your muscles so you can take quick action. This "fight or flight" response can be life-saving, but if it is prolonged it can take a toll on your body.

THE RESISTANCE STAGE occurs after the initial extreme reaction. Your body tries to adapt to the continued stress. If the stress passes, you can start to rebuild your defenses. If it becomes long-term, you move to the third stage.

THE EXHAUSTION STAGE is the "burnout" or overload phase. Continued pounding by stress depletes your body's reserves, which puts you at risk for disease.

This information provided by United Healthcare is not intended nor implied to be a substitute for professional medical advice. It is provided for educational purposes only.



This Week's Events:

| <u>Event</u> | <u>Date</u> | <u>Location</u> | <u>Time</u> |
|--|------------------|---|-----------------|
| "COB Walk" in support of National Walking Day | Apr. 2 | War Memorial Plaza 100 N. Holliday Street Baltimore, MD 21202 (No Registration required) | 12:00-1:00 p.m. |
| CSA Farmshare Site Coordinator Information Session | Apr. 4 | Department of Planning 417 E. Fayette St., 8th Floor Baltimore, MD 21202 RSVP to: joanna.winkler@baltimorecity.gov | 12:00-1:00 p.m. |
| Baltimore Bike Rides (weekly) | Apr. 4 - Oct. 31 | War Memorial Plaza 100 N. Holliday Street Baltimore, MD 21202 Registration Preferred: www.cityofbaltimorewellness.com | 12:00-1:00 p.m. |

What is a CSA?

Community Supported Agriculture (CSA) is a pre-paid box of fruits and vegetables from a local farm. In the Homegrown Baltimore Employee Wellness CSA FarmShare produce will be delivered directly to your office. Site coordinators help organize and facilitate each drop-off site. Come to the information session to learn more about how you can receive a free box each week by organizing a drop off at your work location.

Coming Soon:

| <u>Event</u> | <u>Date</u> | <u>Location</u> | <u>Time</u> |
|-------------------------------------|-------------|---|-----------------|
| Introduction to Mindful Meditation | Apr. 9 | The Department of Human Resources 201 E. Baltimore Street, 5th Floor (across from Benefits Division) Room 5A Registration Required: www.cityofbaltimorewellness.com | 12:00-1:00 p.m. |
| Feel Fine in Five: Stress Reduction | Apr. 23 | TBD | 12:00-1:00 p.m. |

ALL WELLNESS EVENTS ARE FREE & OPEN TO ALL BALTIMORE CITY EMPLOYEES.
For more information contact Lisa Evans at well-ness@baltimorecity.gov
Phone: 410 396-3872

The Wellness Program has NEW Giveaways for Wellness Activity Participants